

## Catholic Charities Enterprises: Asian Pacific Congregate Meal Service - April 2015

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
|   |   | <b><u>Chicken w/ String Beans</u></b><br>3 oz Chicken<br>1 cup Rice and Noodles<br>1/2 cup String Beans<br>Tossed Salad w/ Dressing<br>100% Grape Juice 6-oz<br>1% Plain Milk 8-oz | <b><u>Roast Pork w/ Bean Curd</u></b><br>3 oz Roast Pork and Bean Curd<br>1 cup Rice<br>1/2 cup Cauliflower<br>Tossed Salad w/ Dressing<br>Tropical Fruit Cup 4-oz<br>1% Plain Milk 8-oz          | <b><u>Fish w/ Vegetables</u></b><br>3 oz Fish Fillet<br>1 cup Rice<br>1/2 cup Lo-Han Vegetables<br>Tossed Salad w/ Dressing<br>100% Orange Juice 6-oz<br>1% Plain Milk 8-oz    |
| <b><u>Chicken Wings in Curry Sauce</u></b><br>3 Chicken Wings in Curry Sauce<br>1 cup Rice<br>1/2 cup Mixed Vegetables<br>Tossed Salad w/ Dressing<br>100% Apple Juice 6-oz<br>1% Plain Milk 8-oz | <b><u>Pork w/ Cabbage</u></b><br>2 oz Pork, 1 oz Shrimp<br>1 cup Rice<br>1/2 cup Cabbage<br>Tossed Salad w/ Dressing<br>Banana, Fresh<br>1% Plain Milk 8-oz                                   | <b><u>Chicken w/ Bean Sauce</u></b><br>2 oz Chicken w/ Bean Curd<br>1 cup Rice<br>1/2 cup Vegetables<br>Tossed Salad w/ Dressing<br>100% Grape Juice 6-oz<br>1% Plain Milk 8-oz    | <b><u>Fish w/ Bean Curd</u></b><br>2 oz Fish, 1/4 cup Bean Curd<br>1 cup Rice<br>1/2 cup String Bean in Garlic Sauce<br>Tossed Salad w/ Dressing<br>Mandarin Oranges (4-oz)<br>1% Plain Milk 8-oz | <b><u>Pork w/ Vegetables</u></b><br>2 oz Pork, 1 oz Egg<br>1 cup Rice<br>1/2 cup Mixed Vegetables<br>Tossed Salad w/ Dressing<br>100% Orange Juice 6-oz<br>1% Plain Milk 8-oz  |
| <b><u>Shrimp, Pork and Bean Curd</u></b><br>3 oz Shrimp, Pork, Bean Curd<br>1 cup Rice<br>1/2 cup Mixed Vegetables<br>Tossed Salad w/ Dressing<br>100% Apple Juice 6-oz<br>1% Plain Milk 8-oz     | <b><u>Chicken w/ Black Bean Sauce</u></b><br>3 oz Chicken w/ Black Bean Sauce<br>1 cup Rice<br>1/2 cup Zucchini w/ Garlic<br>Tossed Salad w/ Dressing<br>Fruit Cup 4-oz<br>1% Plain Milk 8-oz | <b><u>Pork w/ Bok Choy</u></b><br>3 oz Double Cooked Pork<br>1 cup Rice<br>1/2 cup Shanghai Bok Choy<br>Tossed Salad w/ Dressing<br>100% Grape Juice 6-oz<br>1% Plain Milk 8-oz    | <b><u>DC EMANCIPATION DAY</u></b>   | <b><u>Roast Pork</u></b><br>3 oz Roast Pork<br>1 cup Rice<br>1/2 cup String Bean, Cauliflower<br>Tossed Salad w/ Dressing<br>100% Orange Juice 6-oz<br>1% Plain Milk 8-oz      |
| <b><u>Chicken w/ Bean Sauce</u></b><br>2 oz Chicken, 1/4 cup Bean Curd<br>1 cup Rice<br>1/2 cup Mixed Vegetables<br>Tossed Salad w/ Dressing<br>100% Apple Juice 6-oz<br>1% Plain Milk 8-oz       | <b><u>Shrimp w/ Tomatoes</u></b><br>3 oz Shrimp w/ Tomatoes<br>1 cup Rice<br>1/2 cup Chinese Radish<br>Tossed Salad w/ Dressing<br>Banana, Fresh<br>1% Plain Milk 8-oz                        | <b><u>Chicken Legs</u></b><br>2 Chicken Legs in Soy Sauce<br>2/3 cup Rice<br>1/2 cup Napa w/ Noodles<br>Tossed Salad w/ Dressing<br>100% Grape Juice 6-oz<br>1% Plain Milk 8-oz    | <b><u>Fish w/ Bean Curd</u></b><br>2 oz Fish w/ 1/4 cup Bean Curd<br>1 cup Rice<br>1/2 cup Broccoli w/ Garlic<br>Tossed Salad w/ Dressing<br>Peach Cup 4-oz<br>1% Plain Milk 8-oz                 | <b><u>Chicken Wings</u></b><br>3 Chicken Wings w/ Ginger<br>1 cup Rice<br>1/2 cup Mixed Vegetables<br>Tossed Salad w/ Dressing<br>100% Orange Juice 6-oz<br>1% Plain Milk 8-oz |
| <b><u>Shrimp and Scrambled Eggs</u></b><br>3/4 cup Shrimp and Eggs<br>1 cup Rice<br>1/2 cup Broccoli<br>Tossed Salad w/ Dressing<br>Banana, Fresh<br>1% Plain Milk 8-oz                           | <b><u>Pork w/ Bean Curd</u></b><br>2 oz Pork, 1/4 cup Bean Curd<br>1 cup Rice<br>1/2 cup Cabbage<br>Tossed Salad w/ Dressing<br>Peach Cup 4-oz<br>1% Plain Milk 8-oz                          | <b><u>Chicken w/ String Beans</u></b><br>3 oz Chicken<br>1 cup Rice and Noodles<br>1/2 cup String Beans<br>Tossed Salad w/ Dressing<br>100% Grape Juice 6-oz<br>1% Plain Milk 8-oz | <b><u>Roast Pork w/ Bean Curd</u></b><br>3 oz Roast Pork and Bean Curd<br>1 cup Rice<br>1/2 cup Cauliflower<br>Tossed Salad w/ Dressing<br>Tropical Fruit Cup 4-oz<br>1% Plain Milk 8-oz          |  |